Abstract 1 A regulable dashpot with shock-absorption force controls, 2 especially intended for motor vehicles, with at least one flow-3 regulating system including one or more shock-absorption 4 components for the compression phase and/or for the decompression 5 phase. The object is to allow the dashpot to shift continuously 6 between the hard and soft phases, whereby the valve-adjustment 7 intervals can be varied at intervals that are not unnecessarily 8 short or even unattainable. At least one valve assembly is 9 accordingly supplied with variable flow impedance by a regulating 10 <u></u>11 valve (5 or 6). 디 디 디 **1**3 **M**14 **1**15 <u>-16</u> 17 18 19 20 21 22 23 24 25 26 27

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